



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Katie Barget 2/6/22**

**Diet recommendations**

- Dairy - cut out cows milk only (butter is fine); see sheet
- Buckwheat flakes+ handful nuts/seeds: [https://www.organicsonabudget.com.au/products/chefs-choice-organic-buckwheat-flakes-400g?variant=5198931623964&currency=AUD&utm\\_medium=product\\_sync&utm\\_source=google&utm\\_content=sag\\_organic&utm\\_campaign=sag\\_organic](https://www.organicsonabudget.com.au/products/chefs-choice-organic-buckwheat-flakes-400g?variant=5198931623964&currency=AUD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic)
- Toast - replace peanut butter with any other nut butter except pistachio (Hand'n'Hoe) + top it with blueberries OR slices of hard pear
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>  
Discount code = ALEXM15.
- Add Stardust powders, 1 tsp of guar gum and lysine into your shake in the morning

**Assessments/referrals (September)**

- Get GP referral for Dr Simon Benstock at Double Bay Hospital or Centre of digestive disease in five dock for parasite treatment

**Other**

- Send Alex all of your results
- Building biologist: <https://www.buildingbiologysydney.com.au/about-us>
- Sheets - Reproductive lifestyle sheet (use as checklist); Building sheet (look into dehumidifier & air purifier from Aus Climate)
- On belly - rose oil 3%, clary sage, yang yang; pain days - coriander seed essential oil

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Lysine		1 tsp				1 tsp	With outbreak = double dose
RN Labs Folinic acid		3 caps					Replaces MegaB Q
RN Labs iodine/tyrosine	2 caps						
98 alive		2 caps				2 caps	active infection
RN Labs calcium d glucorate		1/3 tsp					Into nuut shake
Biomedica VegeNac	2 spoons		2 spoons				
Biomedica SB Pro		1 cap				1 cap	
Metegenics Viralclear		2 caps		2 caps		2 caps	active infection
Biomedica MagDuo		1 scoop				1 scoop	
Biomedica C Max		1 tsp		1 tsp			When needed

NB: take zinc with active infection only